a linoleic acid content of more than 1% and less than 65% by weight based upon the total fatty acid content,

a palmitic acid content of more than 20% and less than 40% by weight based upon the total fatty acid content,

a stearic acid content of more than 3% and less than 15% based upon the total fatty acid content,

wherein the palmitoleic acid content is less than 4% based upon the total fatty acid content, and[;]

the asclepic acid content is less than 4% based upon the total fatty acid content.

- 14. (Amended) Sunflower seeds of claim 13-wherein the palmitoleic acid content is less than 3% based upon the total fatty acid content.
- 15. (Amended) Method for preparing sunflower seeds as claimed in claim 13, comprising the steps of:
- a) crossing sunflower seeds of the mutant sunflower line IG-1297M deposited on 20 January 1998 with ATCC under deposit accession number ATCC-209591 with the mutant sunflower line CAS-3, deposited on 14 December 1994 with the ATCC under deposit accession number ATCC-75968,
- b) self-pollinating F1 progeny plants of step a) for at least two generations to produce inbred plants,
- c) selecting from the progeny of step b) plants with seeds containing an oil having a palmitic acid content of more than 20%, a palmitoleic acid content of less than 4% and an asclepic acid content of less than 3%,
 - d) collecting progeny seeds from step c), and optionally
 - e) repeating the cycle of culturing, selection and collection of seeds.